

Drake Medox College

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MEET OUR INSTRUCTORS

DERRICK MANILA



Derrick Manila is one of our clinical instructors at Guildford Seniors Village located in Surrey. He has been a nurse for almost 5 years, and he has been working at Drake Medox College for 1.5 years.

His passion is taking care of people and mentoring. His pet peeves are disrespect and impatience.

Among his hobbies, he loves to watch sports, particularly football and basketball, which he also plays! In his spare time he enjoys photography and spending time with his family

His students say: "Derrick is approachable and supportive; he always helps us and is there to guide us."

International Day for the Elimination of Violence against Women: 25th of November

Violence against women and girls (VAWG) is one of the most severe, persistent and destructive violations of human rights in our world today, largely unreported because of its repression, secrecy, stigma and shame.

The adverse effects of VAWG on mental, physical and reproductive health, affect women at all stages of their lives.

Violence against women is as severe a cause of death and disability among reproductive-age women as cancer, and a greater cause of ill health than traffic accidents and malaria combined.

1 in 3 women and girls suffer physical or sexual assault in their lifetime, most often by an intimate partner.

Nowadays, violence against women remains an obstacle to achieving equality, progress, peace and the rights of women and girls.

Global Action: Orange the World

The 25th of every month has been designated as Orange Day by the UN Women campaign **Say No, UNITE**. It was launched in 2019. Participants the world over are encouraged to wear a touch of orange in solidarity with the cause - the colour symbolizes a brighter future and a world free from violence against women and girls.

<https://www.un.org/en/events/endviolenceday/>



NEW ACTIVITY ASSISTANT CLASS COMING ON January 12, 2019

Call us to learn more about this part-time program @ 604-629-0196



WHY IS IT SO HARD TO CHANGE YOUR LIFE?

We are creatures of habit, often simply going through the motions just to get through the day. With all the demands on us by our family, employer and friends sometimes it is difficult to find the energy and the motivation to make the changes we know are necessary to improve the quality of our lives. Honestly, it is just easier to stick to our current routine and behaviors instead of getting out of comfort zones to explore all the opportunities and possibilities available to us.

As human beings, we tend to focus more on what is currently happening in our own lives right now, rather than looking outward at what this world has to offer us. Personal change is very difficult for many of us, but it's often the only way to create a better future for ourselves and our families. There's a saying that goes, "no pain, no gain." This was born from the fact that personal change is achieved only through the pain associated by getting out of your comfort zone and replacing current habits and routines with new ones!

HOW TO CHANGE YOUR LIFE

Changing your life becomes much simpler if you have a compelling reason to do so. With a clear understanding of our reasons, we are able to find the motivation to make and maintain the changes necessary to achieve our goals. It's harder to change your life in the absence of a profound reason to do so.

Given the fact that our habits make up 45 percent of all human behaviour, your habits will ultimately dictate what you are able to achieve in life...or not.

Identify your reasons for wanting to change and then create the habits that will support the achievement of your goals!

Be consistent and mindful of your efforts. That's how the transition can be implemented, and your life can be improved over time.

ⁱ Wanderlust Worker: <https://www.wanderlustworker.com/why-its-so-hard-to-change-your-life/>



October 2019 GRADUATION

Thank you to all the graduates who made possible such a wonderful celebration!



"The future belongs to those who believe in the beauty of their dreams." Eleanor Roosevelt



Some of our CSW Alumni had a lot of fun in our photo booth!

